

Comebacks

When a bully says, “You’re dumb,” there are many ways to respond. Using comebacks allows you to stand up for yourself without getting into a fight. Using the example of “You’re dumb,” here are three common types of comebacks.

No-reaction comeback:

- Say “Thanks for sharing that with me,” “So what?” or “Whatever,” using a normal, flat tone of voice.
- The bully will not feel like they have power over you because you are not giving much of a response.
- You are showing that the bully is not getting to you or upsetting you.

Agreement comeback:

- Say “OK” or “If you say so,” using a normal voice.
- You are not letting the bully feel powerful by arguing with them.
- You are showing that you are not being hurt by the bully.

Strong, assertive comeback:

- Say “Knock it off!” “Back off!” or “Leave me alone!” using a strong, assertive voice.
- This lets the bully know that what they are doing is not okay.
- You are showing the bully that you are confident.

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